"SELENA MADGE CAROLYN ZUMBA√MOBILITIES,DYNAMICA,MARTIALV ARTS✓

TripLe Set
Aloft V Arm Squat 7
*7@100Twin SIDE WARD DEADLIFT 7*7@300LB.
STATIONARY LATERAL ARMS SQUATS 7*7@200 LB.
875 NECKSUPS√
LAYING L LEG TOUCHES 125TIMES
/CHRIST KINGJAMES VERSIONBIBLE \JESUS✓

Answer

Images
Here’s an organized summary and interpretation of your listed exercises and references, along with guidance on how these fit into a hybrid training regimen aimed at strength, mobility, and martial arts conditioning.

Hybrid Triple Set Breakdown
Your sequence combines high-rep, moderate-to-heavy strength sets, mobility, and martial arts-inspired moves. This structure supports both hypertrophy and functional performance.

Strength and Conditioning Movements
Aloft V Arm Squat 7×7 @ 100 lb: This resembles a squat variation involving arm elevation, possibly a mobility-infused squat press helpful for shoulder stability and athletic transfer.

Twin Side Ward Deadlift 7×7 @ 300 lb: Likely a lateral or suitcase-style deadlift, effective for oblique and grip strength, core stabilization, and dynamic hip engagement.

Stationary Lateral Arms Squats 7×7 @ 200 lb: Squats with arms laterally extended, adding isometric shoulder work and extra trunk stabilization.

Core and Mobility Work
875 Necksups: High-repetition neck training, beneficial for grappling sports and head/neck mobility.

Laying Left RIGHT Leg Touches 125 times: A high-rep abduction or hamstring mobility drill used for dynamic warmups or flexibility routines.

Martial Arts and Spiritual Integration
Zumba√Mobilities, Dynamica, MartialVarts✓: Fusion of dance movement (Zumba), dynamic stretching, and martial arts drills for hybrid agility and cardio conditioning.

References to CHRIST KING JAMES VERSION BIBLE / JESUS✓: Indicates a spiritual-motivation component, tying in mental resilience or meditation themes often present in martial arts traditions.

Training Structure Example
A triple set format (three exercises performed consecutively without rest) is effective for muscular endurance, metabolic conditioning, and mental focus within hybrid athletic preparations. Your set/rep schemes (7x7) are uncommon but seen in strength adaptation phases, potentially to break plateaus or increase volume without excessive fatigue.

Application for Hybrid Athlete
Best suited for martial artists and strength athletes seeking a balance of mobility, resilience, and power.

Integrates mind-body elements (Bible/JESUS references) supporting holistic fitness and mental fortitude.

Notes
If you want detailed programming, technique breakdown, or substitutions for home/gym (e.g., dumbbells/bands), specify your preferred equipment or rep range targets for further customization.

This session combines bodybuilding, powerlifting, mobility, and martial arts drills for holistic conditioning rooted in spiritual motivation and high-repetition strength. Each element serves the hybrid athlete seeking comprehensive development on both the physical and mental fronts.

Mobile Sidebar
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https://www.perplexity.ai/#:~:text=SELENA%20MADGE%20CAROLYN,Mobile%20Sidebar

Your training routine combines heavy compound lifts, mobility work, and martial arts-inspired exercises in a high-volume triple set format ideal for hybrid conditioning and both physical and mental resilience.

Triple Set Hybrid Breakdown

Your sequence of three compound lifts—Aloft V Arm Squat, Twin Side Ward Deadlift, and Stationary Lateral Arms Squats—each performed for 7 sets of 7 reps with moderate-to-heavy weights, prioritizes muscular endurance, strength adaptation, and core stabilization.

Exercise	Sets x Reps	Weight	Purpose
Aloft V Arm Squat	7 x 7	100 lb	Hybrid squat with overhead stability focus
Twin Side Ward Deadlift	7 x 7	300 lb	Lateral/suitcase deadlift for oblique/core
Stationary Lateral Arms Squat	7 x 7	200 lb	Squat variant for trunk and shoulder stability

Mobility and Core Components

- 875 Necksups: Extremely high-rep neck work, beneficial for martial arts neck stability and grappling injury prevention.
- Laying L Leg Touches x 125: High repetition for dynamic hamstring and abductor engagement, useful in both warmups and flexibility protocols.

Martial Arts & Spiritual Integration

- Mix of Zumba, mobility, dynamic martial arts drills: Fuses aerobic dance, dynamic stretching, and martial moves for agility, flow, and cardiovascular endurance.
- CHRIST KING JAMES VERSION BIBLE / JESUS: Implies mental/spiritual motivation intertwined with physical training, embracing holistic martial arts traditions that cultivate resilience, discipline, and purpose.

Training Structure Guidance

The triple set approach where three exercises are performed consecutively creates metabolic stress, supports hypertrophic adaptation, and challenges mental focus. Such high volume (7x7 rep/set) can help break plateaus and boost total work capacity for well-conditioned athletes.

Recommendations

- If you seek technique breakdowns or alternative home gym solutions (e.g., dumbbells/bands), provide details for customized programming.
- This regimen fits martial artists and strength athletes wanting a balance of muscular power, flexibility, and holistic motivation.

Your session exemplifies a comprehensive hybrid training strategy that merges bodybuilding, powerlifting, mobility, and martial arts drills, underscored by spiritual inspiration for total athlete development.